

## POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL/ APICAL SURGERY

**DISCOMFORT-** For mild discomfort take a non- aspirin pain killer such as Tylenol, Advil or Nuprin. Avoid aspirin post operatively to avoid bleeding. If directed to do so take Advil 3-4 tablets every 4 hours for the first day following the surgery, then every 4-6 hours as needed for discomfort.

**SWELLING-** Keep ice on the area 20 minutes on/ 20 minutes off- when you get home. Do this for the first 3-4 hours. This may be done for the first 24 hours following surgery, after that use moist heat. Try to elevate your head the first few nights following surgery.

**DIET-** Your diet should be mild for the first 24 hours. Drink a lot of liquids for the first few days following surgery. Avoid spicy and crunchy foods for the first week ie. french bread, potato chips, nuts etc.

**BLEEDING-** It's not unusual for there to be some oozing after surgery. Just blot it with gauze. If you are out of gauze, moisten a tea bag and apply pressure for 5 minutes. Take it easy for the rest of the day- avoid over exerting yourself.

**AVOID-** Spitting, drinking through a straw and **SMOKING**. These will increase the potential for bleeding. Avoid alcohol for the first week.

**ORAL HYGIENE-** Avoid brushing the area today. Tomorrow you may begin light brushing and flossing. The cleaner the area is kept the quicker it will heal.

**RINSING-** Beginning tomorrow start rinsing with warm salt water 4 times a day for 4 days.. If you were given a prescription rinse, rinse with one capful in the morning and one in the evening for 1 minute.

If you have ANY problems, or persistent bleeding call me in the office 973-895-7995. If after hours I may be reached on my cell phone 201-618-7978